

MURRAY SENIOR RECREATION CENTER

2019 Recreation for 55+ December

Holiday Boutique and Buffet

Please invite family and friends to visit and shop at our annual **HOLIDAY BOUTIQUE** **Friday, December 6** from **10:00 to 3:00**. This year we have 13 artists selling handmade crafts in addition to our craft table. Come purchase a unique holiday or birthday gift from one of our vendors. This boutique is only held once a year and is open to the public.



The **HOLIDAY BUFFET** is at **11:00** on **Friday, December 6**. The buffet is for individuals 55+. Registration began Friday, November 8. Entertainment will be provided by the New Fiddlers. Cost is **\$8** per person or **\$56** for a table of seven. You may choose your table when you make the reservation. **Deadline: No reservations or refunds may be made after close of business on Wednesday, November 27.**

Christmas Music and Quilt Raffle



On **Friday, December 20** from **11:00 to 12:00**, local entertainer Tony Summerhays will be performing a wide variety of **CHRISTMAS MUSIC**. He will begin playing at 11:00 and will play through lunch; plan on coming early to lunch that day. He is a very talented performer and will do his best to share the holiday season with you. Tell your friends and neighbors to join us that day for lunch and music. This is **free** entertainment. No registration required.

Our Readers Theater troupe has been learning to use handbells thanks to a grant and volunteer teachers from UVU. They will be performing a short **CHRISTMAS BELL CHOIR** concert at **12:00**.

There is a beautiful **QUILT** being raffled at **noon** on **Friday, December 20**. The cost is \$1 per ticket or six tickets for \$5. Please purchase your ticket(s) today from the Front Desk. The quilt is hand-quilted by volunteers from the IMC Hospital. The quilt is queen- sized.



New Year's Eve Celebration

We will be holding a special **NEW YEAR'S EVE CELEBRATION** on **Tuesday, December 31**. The festivities will begin at **11:00 am**. We will have finger foods with sparkling cider, special bingo, and we'll ring in the New Year at noon. Cost for the day is **\$5**. Register now. A special thank you to Jenkins-Soffe for sponsoring the prizes and cider.



Deadline: No reservations or refunds may be made after close of business on Tuesday, December 24.

Murray Senior Recreation Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior-
Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed



Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

Advisory Board

Chair: Ed Houston	
Christine Clark	Richard Clark
Brenda Clausen	Max Derrick
Sandra Jones	Jenny Martin
Erich Mille	Pete Wright

Heritage Senior Adults, Inc.

DONATIONS made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

ANIMALS are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.

Medicare
2019 OPEN
ENROLLMENT
Oct. 15th – Dec. 7th



Nutrition: Eating for Immunity

On **Tuesday, December 3** at **10:30**, Ashley Quadros from Harmons will be teaching us **NUTRITION: EATING FOR IMMUNITY**. Cold and Flu season is here and while there is no cure for the common cold or the flu, you can take steps to reduce your risk of catching it. Ashley will talk about the immune system and how diet can affect it. She will also teach simple steps you can take to reduce your risk of getting sick this year. This is a **free** class. [Register now.](#)

History Class: Battle of Trenton



On **Tuesday, December 10** at **10:30**, Jim Duignan, who originally hails from Dublin, Ireland and is a retired history teacher, will discuss George

Washington crossing the Delaware River and the **BATTLE OF TRENTON**, which was a small but pivotal battle during the American Revolutionary War. It took place on the morning of Thursday, December 26, 1776. This is a **free** class. [Register now.](#)

National Alliance for Mental Illness (NAMI)

On **Wednesday, December 11** at **10:30**, a representative from the **NATIONAL ALLIANCE FOR MENTAL ILLNESS (NAMI)** will be providing meaningful information about their organization. NAMI is the nation's largest grassroots organization for mental health services today. They provide a comprehensive range of free services including support groups and educational classes available to anyone experiencing mental health issues or their caregivers. This is a great class to attend if you are the caregiver for or know anyone struggling with mental illness. This is a **free** class. [Register now.](#)

Brain Boot Camp

On **Thursday, December 12** at **10:00**, representatives from Humana Healthcare will be leading us in **BRAIN BOOT CAMP**. Your brain has everything to do with who you are and what you do. Keeping your mind sharp is just as important as exercising is for good health. Find out how to protect your brain health and help reduce your risk of dementia. This is a **free** class. [Register now.](#)

Grief Support Class

On **Friday, December 13** at **10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

Christmas Storytelling

On **Friday, December 13** at **10:30**, Cassie Ashton will be at the Center for our annual **CHRISTMAS STORYTELLING**.

Once, in a far-away country where few people have ever traveled, there stood a wonderful church. It rested high on a hill and every Christmas thousands of people climbed the hill to its archway wondering, "Would this be the year the bells chimed again?"



Come and hear the full telling of this and other stories to ring in the season, with stories of songs, miracles, relics, and the magic of the bells. You will be engaged and entertained. This is a **free** class. [Register now.](#)

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the last Tuesday each month. The next class will be on **Tuesday, December 17** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

On **Tuesday, December 17** at **1:00**, the **VITAL AGING** wellness topic will be **MANAGING STRESS**. The winter months can be a time of celebration and new beginnings. The changing season can also bring new stresses. Come learn more about managing stress and coping with life's ups and downs. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's six-week **WATERCOLOR** class will continue at **9:00-12:00** through **Monday, December 9**. A new session will begin **Monday, January 6** through **Monday, February 24**. Cost is **\$33**. Registration begins Tuesday, December 17.

John and Joan Fackrell's six-week **ART APPRECIATION** class will continue at **1:00-3:30** through **Monday, December 9**. A new session will begin **Monday, January 6** through **Monday, February 24**. Cost is **\$33**. Registration begins Tuesday, December 17.

Jeanette Morris' **PAINTING** class will continue through **Wednesday, December 11** at **9:00-12:00**. A new eight-week session will begin on **Wednesday, January 8** through **Wednesday, February 26**. Cost is **\$40**. Registration begins Tuesday, December 10. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. New-comers are always welcome. Bring your ideas and projects to share.

Crafting with Susan

Susan will be teaching her **CRAFTING WITH SUSAN** class on **Tuesday, December 10** at **2:30-4:00**. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now. The deadline to register is **Friday, December 6** at noon.

Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class ended in November. A new session will begin on **Wednesday, January 8** at **12:30-2:00**. This is a **FREE** class. Space is limited to eight participants (two need to bring their own laptop). Register now.

Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or use the cash box located in the Computer Lab).

Thermostats Set at 72°



We are setting all the thermostats in the building at 72° this winter. Please dress in layers in case the set temperature isn't adequate for your personal needs. We have participants with a number of different activity or personal temperature

levels. Take responsibility for yourself by bringing a sweater or even a small throw blanket for your legs. Please do not ask staff to adjust thermostats.



Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!

Pen Pal Christmas Party

Our **PEN PAL CHRISTMAS PARTY** will be on **Monday, December 9** at **10:30**. We will meet our 5th grade students, play bingo, decorate sugar cookies and sing some Holiday songs. Please, no gifts for the students.

Christmas Dinner Dance

Come and enjoy our annual **CHRISTMAS DINNER DANCE** on **Thursday, December 12** from **6:00-9:30**. You will enjoy turkey, potatoes and gravy, salad, and dessert. Santa will be with us to visit with everyone. Photos will be taken with Santa. Cost is **\$10**. Space is limited to 60; register now. *Deadline for the Christmas Dinner Dance registration is Thursday, December 5.*



Christmas Bell Choir Concert



Our Readers Theater troupe has been learning to use handbells thanks to a grant and volunteer teachers from UVU. They will be performing their

CHRISTMAS BELL CHOIR CONCERT at **6:30 pm** on **Tuesday, December 17** here at the Center. Please plan on attending this beautiful concert. This is a **free** event. No prior registration required. The choir will also perform on **Friday, December 20** at **12:00**.

Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, December 16** from **10:30-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

2020 Holiday Closures

Wednesday, January 1	New Year's Day
Monday, January 20	MLK Jr. Day
Monday, February 17	President's Day
Monday, May 25	Memorial Day
Friday, July 3	Independence Day
Friday, July 24	Pioneer Day
Monday, September 7	Labor Day
Wednesday, November 11	Veterans Day
Thursday, November 26	Thanksgiving
Friday, November 27	Thanksgiving
Friday, December 25	Christmas Day

2020 Special Events

Tuesday, February 25	Mardi Gras
Tuesday, April 7	Symposium
Tuesday, May 5	Mother's Day Tea
Wednesday, June 17	Father's Day
Monday, August 3	Volunteer Banquet
Monday, September 14	Open House
Wednesday, October 14	Oktoberfest
Monday, November 9	Veterans Brunch
Wednesday, November 18	Thanksgiving Meal
Friday, December 4	Holiday Boutique

40th Anniversary



In December 2020, we will be celebrating the 40th Anniversary of the Center's opening. We are in the process of planning something wonderful for next year. Keep an eye on the newsletter for more information.



Monthly Calendar

2019

Murray Senior Recreation Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

seniorrec@murray.utah.gov
murray.utah.gov/140/Murray-Senior
-Recreation-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: License to Kill 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 NO Line Dance 10:30 Tai Chi / Nutrition Class 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 10:30 Pen Pal Christmas Party 11:00 Bridge Lessons 12:30 Overall Fitness Class 1:00 Art Appreciation 1:00 Movie: Ride Lonesome 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 NO Line Dance 10:30 Tai Chi / History Class 11:30 Lunch / 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 Beginning Line Dance 2:30 Crafting with Susan 4:00 Festival of Lights Trip
9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 10:30 Brunch Cafe 11:00 Bridge Lessons 12:30 Overall Fitness Class 1:00 Movie: The Santa Clause 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance / Smart Driving 10:30 Tai Chi 11:30 Lunch 12:00 Medicare Counseling 12:30 Canasta / 12:45 Crafters 1:00 Computer / Vital Aging 2:00 Beginning Line Dance 4:00 Festival of Lights Trip 6:30 Christmas Bell Choir Concert
9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 1:00 No Movie 2:00 Strength Conditioning	8:30 Ceramics 9:00 Gentle Yoga 9:30 NO Line Dance 10:30 Tai Chi 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 NO Beginning Line Dance <i>Closing at 4:30</i>
9:00 NIA 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Overall Fitness Class 1:00 No Movie 2:00 Strength Conditioning	8:30 NO Ceramics 9:00 Gentle Yoga 9:30 NO Line Dance 10:30 Tai Chi 11:00 New Year's Eve Celebration 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 NO Beginning Line Dance <i>Closing at 4:30</i>



WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:45 Bingo 1:00 Bridge 4	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 4:00 Festival of Lights Trip 7:00 Evening Social Dance 5	10:00 HOLIDAY BOUTIQUE 10:00 Yoga 11:00 HOLIDAY BUFFET <div data-bbox="1062 348 1211 548"> </div> <div data-bbox="1247 375 1495 533"> <i>All other programs for today have been cancelled; please come shop our Holiday Boutique!</i> </div> 6
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 NAMI Class 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 11	8:00 Pickleball Instruction 8:30 Ceramics / 9:00 Pickleball 10:00 Brain Boot Camp 10:30 Tai Chi / 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 4:30 Candlelight Christmas Trip 6:00 Christmas Dinner Dance 7:00 Evening Social Dance 12	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 Grief Support Class 10:30 Christmas Storytelling 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:45 Bingo 1:00 Bridge 13
9:00 NO Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 Blood Pressure Clinic 11:15 Chair Aerobics 11:30 Lunch 12:45 Bingo 1:00 Bridge 18	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 4:30 Provo River Christmas Cruise 7:00 Evening Social Dance 19	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:00 Christmas Music 11:15 NO Chair Aerobics 11:30 Lunch 12:00 Quilt Raffle 12:00 Christmas Bell Choir 12:30 Overall Fitness Class 12:45 Bingo 1:00 Bridge <div data-bbox="1360 1003 1463 1192"> </div> 20
<div data-bbox="147 1360 529 1608"> </div> <div data-bbox="201 1614 485 1650"> CENTER IS CLOSED </div> 25	8:00 Pickleball Instruction 8:30 NO Ceramics 9:00 Pickleball / 9:30 Toenails 10:30 Tai Chi 11:30 Lunch 12:00 NO Massage 2:00 NO Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance 26	9:00 Zumba 9:00 NO Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:45 Bingo 1:00 Bridge 27

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. **Bingo is free, although donations** are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

NOTE: *The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

There will be no BINGO on Friday, December 6.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

Monday Movie

Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



LICENSE TO KILL

Monday, December 2
1989 / 133 minutes
British Spy



RIDE LONESOME

Monday, December 9
1959 / 73 minutes
Western



THE SANTA CLAUSE

Monday, December 16
1994 / 97 minutes
Comedy

We will be showing three movies this month. **MONDAY MOVIE** attendance has dwindled. Beginning in 2020, we will no longer be showing movies every Monday. Watch the newsletter for special movie showings.

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.

See **page 5** of this newsletter for information about our **Christmas Dinner Dance on Thursday, December 12**. Register now. The cost is **\$10**. *If you do not want to attend the dinner, you can still attend the dance at 7:00 with the usual fee of \$5 per person.*

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Wednesday, December 18** from **10:30 to 12:00**. No appointments necessary.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, December 26** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration began Thursday, November 21.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Winter Walking Club

Our **WINTER WALKING CLUB** goal is to walk 412 miles to Las Vegas. Cost of the winter program is **\$5** and started November 1. You will receive a pedometer and monthly calendars. Prizes await those who make it to Las Vegas by the end of March. It is never too late to register and start walking!

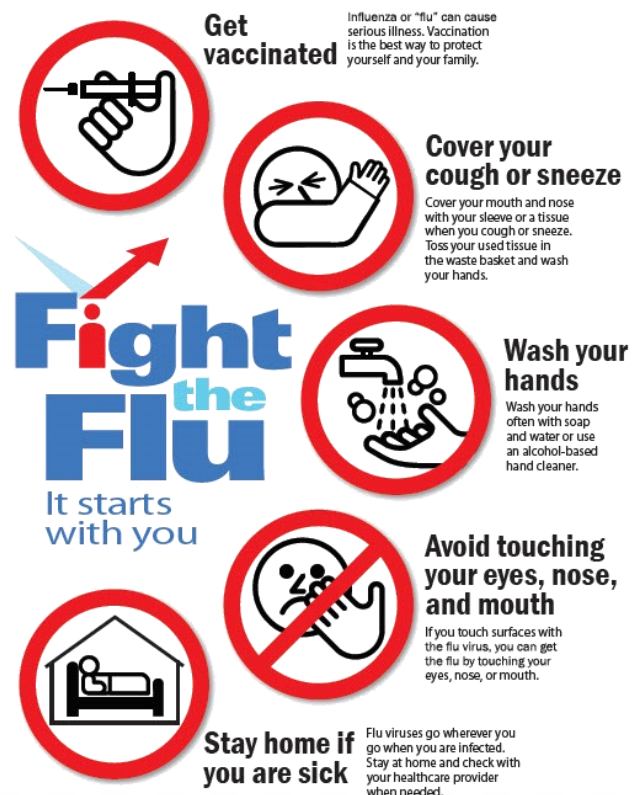
Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, December 10** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, December 17** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.



Exercise Classes

GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneakers or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

University of Utah Students

The University of Utah Exercise and Sports students will be here through **Monday, December 2**. New students will be coming again in January.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities. We will have a volunteer continue teaching this class on Mondays and Fridays during the month of December.

They also offer a 30-minute, one-on-one **PERSONAL TRAINING** on **Monday, December 2**. The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, December 9 at 10:30-12:00**. A new session begins **Monday, December 16** through **Monday, February 10**. The cost is **\$20** for the session or **\$3** per class. Register now.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday at 10:15-12:00** or **Thursday at 9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday at 8:00-9:00**.

Festival of Lights



It is time to mark your calendar for our annual visit to Spanish Fork's **FESTIVAL OF LIGHTS**. As this is one of our more popular trips, three dates have been planned: **Thursday, December 5, Tuesday, December 10, and Tuesday, December 17**. Pick the date that is best for you. Registration began Wednesday, November 20. The bus will depart the Center at **4:00 pm** and travel to Provo for dinner at Chuck-A-Rama. After dinner, you will be treated to a drive through beautiful Canyon View Park at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures—several of which are animated. Return to the Center about 8:00. Cost for this trip is **\$23** and includes dinner.

Candlelight Christmas

It's hard to describe the magic of **CANDLELIGHT CHRISTMAS**. The Village at This Is The Place Heritage Park is decorated like a Currier & Ives card, and you'll feel like you've taken a step back in time as you observe a Christmas from over a century ago—quieter and simpler.

Our bus will depart the Center on **Thursday, December 12** at **4:30** and travel to This is the Place Heritage Park. Dinner will be on your own at the Historic Huntsman Hotel, where they will have a variety of soups and other warm menu items. Return to the Center about 7:30.

Please dress for the weather; this trip will involve a lot of walking. Cost is **\$11**. Registration begins Monday, December 2.

Provo River Christmas Cruise

Come and enjoy a lighted riverboat **PROVO RIVER CHRISTMAS CRUISE**. The 25-minute roundtrip ride near Utah Lake includes thousands of lights reflecting off the water and holiday scenes along the shore while Christmas music plays during your trip. Please dress warm. Hot chocolate and concessions will be for sale.

The Center bus will depart on **Thursday, December 19** at **4:30** and travel to Provo for dinner at the Chuck-A-Rama. Cost is **\$32** and includes dinner. Registration begins Wednesday, December 4.

Weekly Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Wendover

Travel to **WENDOVER** on **Thursday, February 13**, and enjoy a day at the Rainbow Casino. The cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return about **7:00**. Register now; the registration deadline is Thursday, February 6.

2020 dates for Wendover are tentatively scheduled for February 13, April 9, June 4, August 13, and October 8.

Winter Driving Tips



Hazards such as black ice, fog, high winds, and whiteout conditions can impair visibility and safe driving.






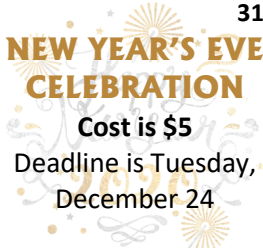

Safety tips include the following: slow down, avoid tailgating, turn headlights

on, and avoid braking while turning. Stock an emergency kit and blankets, check tire treads and wiper blades, and ensure all the lights are working. If possible, avoid venturing out on the roads during hazardous weather.

BUS TRIP REMINDERS

- Please park your car north of the light pole in the parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip host will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

DECEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO LUNCH	3 SHRIMP ALFREDO Side Salad Garlic Bread Chocolate Cake	4 CHEESEBURGER Onion Rings Fruit Birthday Cake and Ice Cream 	5 TURKEY AND DUMPLINGS Cucumber and Tomato Salad Creamed Vegetables Sugar Cookie	6 HOLIDAY BUFFET Cost is \$8 Deadline is Wednesday, November 27 
9 NO LUNCH	10 POT ROAST Mashed Potatoes Corn Rice Krispy Treat	11 BAKED HAM Green Beans Roll Cheesy Potatoes Cheesecake	12 CHICKEN ENCHILADAS Spanish Rice Black Beans Churro	13 FISH AND CHIPS Coleslaw Ice Cream Sandwich
<p>Lunch is served Tuesday-Friday between 11:30-12:30 Main Entrée price is \$4 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4</p>				
16  10:30 - 12:00	17 CHICKEN, BACON, AND RANCH CASSEROLE Broccoli Oreo Dessert	18 BREAKFAST CASSEROLE Breakfast Potatoes Fruit	19 STUFFED BELL PEPPERS Roll Pasta Salad Peach Cobbler	20 HONEY GLAZED PORK CHOPS Corn Salad Seasoned Rice Mousse Cup 
23 NO LUNCH	24 BAKED POTATO SOUP Side Salad Roll Christmas Brownie	25  CENTER CLOSED	26 TURKEY CASSEROLE Mixed Vegetables Fruit Cup Red Velvet Cake	27 ORANGE CHICKEN White Rice Stir Fry Vegetables Lemon Bar
30 NO LUNCH	31 NEW YEAR'S EVE CELEBRATION Cost is \$5 Deadline is Tuesday, December 24 			 Soup of the Day now available as a Lunch Option